Title page

Psychology

The research aims at determining the benefits of talk therapy and how it impact youth who are undergoing depression. The reason for conducting this research is the fact the youth has become more depressed these days and they like to spend most of their time in solation. By determining the benefits of talk therapy it would be possible to use it as a practical tool for helping people who are experiencing depression. It is assumed that by talking with others an individual developed the capacity of dealing with stress and how it can be integrated in their daily routines for improving life. Previous research studies on talk therapies and its impact on people are also considered for providing evidentiary support to the findings of the current research. The research is focused on providing better living opportunities to the people by improving their mental health and daily life performance.

Question: Does talking is effective for overcoming depression?

The research methods will use primary research by investigating the young people who are victims of depression. The survey will choose 30 people randomly having ages between 18-35 years. The survey will target both male and female respondents. The survey instrument will include closed-ended questions because they are easy to compute and can be represented in graphs and charts. This is important for complying with the ethical conditions of research (Seidler, Rice, Ogrodniczuk, Oliffe, & Dhillon, 2018). These methods are appropriate for explaining the behavior of people. The questions will explore their talking habits such as the number of hours they spend on talking. This will also include the number of people they talk to and the time of day when they communicate with others. The participants will asked how they can use talk therapy as a goal-oriented task.

Before engaging participants in survey their consent will be taken. The ethical standards of research states that the researcher must inform the participants about the benefits and purpose of research. It is important to assure them that their information will not be leaked or shared with anyone. The researcher has to keep their information confidential.

The findings of the research will explain the relationship between talk therapy and depression. Seidler (2018) studied the benefits of talk therapy on the people. The findings indicates that talking make people feel light and it adds to their improved mental condition and physical health. This is also used as a practical treatment by psychologists for enhancing the health of the people. Therapists also encourage young people to talk with others because it provides them opportunity to overcome their feelings of depression and anxiety. Interaction of humans with other people is useful because it allow them to communicate with others and talk about things that improve their overall personality and health. Research has also revealed that people who are isolated are more likely to become victims of stress and depression. They also experience negative feelings that pull them from doing anything productive (Seidler, Rice, Ogrodniczuk, Oliffe, & Dhillon, 2018). Empirical evidence reveals that talk therapy has positive impact on controlling depression. Kumari (2017) conducted an experiment for determining the benefits of talk therapy and its implications on the mind of people. The experiment included 15 participants who were undergoing stress and experiments were performed to finding the role of talk therapy.

The results confirms significant relationship between talking and declined stress. The results of the present study will be supported by the empirical evidence. The research can be used by future researchers for exploring long-lasting impacts of talk therapy.

References

Kumari, V. (2017). Brain connectivity changes occurring following cognitive behavioural therapy for psychosis predict long-term recovery. *Translational Psychiatry* .

Seidler, Z. E., Rice, S. M., Ogrodniczuk, J. S., Oliffe, J. L., & Dhillon, H. M. (2018). Engaging Men in Psychological Treatment: A Scoping Review . *Am J Mens Health* *, 12* (6), 1882–1900.